

# Living Healthy with Diabetes

Learn how to feel better...healthier...happier.

## The Diabetes Self-Management Program

will help you take control of your diabetes rather than letting it control you!

This six-week, doctor-recommended workshop will help you and family members:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue and pain
- Eat healthier and read nutrition labels
- Keep your blood sugar in check
- Make daily tasks easier
- AND...get more out of life

*Take charge and feel better with the Diabetes Self-Management Program*

**Location:** Fairbanks Senior Center, Meeting Room

**Day/Date:** Mondays, August 7- September 11

**Time:** 5:00 p.m.- 7:30 p.m.

**Cost:** FREE

**Registration:** Required

**RSVP:** Call Vivian Stiver at (907) 347-2102

